

DUNSMUIR COMMUNITY RESOURCE CENTER

The mission is to encourage healthy lifestyles and successful choices for the children and families of the Dunsmuir community.

Programs and Services

- Arts and Crafts
- Toddler Playground
- Afterschool Tutors
- Fitness Programs
- Job Training
- Free Car Seats/ Trainings
- Free Helmets/ Trainings
- Holiday Gift Making
- Summer Camp
- Cooking Classes
- Live Music
- Literacy Nights
- Relapse Prevention Project
- Anger Management
- Parenting Classes
- Girls Circle
- Life Skills
- Family Game Nights
- Health discussions
- Puppet Shows
- Live Theater
- Self Defense Classes
- AA and Other Support Groups
- Senior Information/ Assistance
- WIC on Site
- Human Services on Site
- Consumer Credit Counseling
- Healthy Family Sign-Ups

CONTACT

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Executive Director

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<http://www.first5siskiyou.org/dunsmuir.html>

A young Dunsmuir family started coming to the Resource Center several years ago. Dad and Mom always brought their young daughter each week to the Toddler Play Group and Story Time. They have always participated in events at FRC, including Family Game nights and our theater shows. They participate on many levels including volunteering and helping out for our big events.

Dad is a veteran and mom is a stay at home mom. Dad picks up what work he can as a laborer and sells wood too. They are without extended family support and often come to the center to seek guidance and just drop by to stay in touch. Occasionally they need some assistance with food or other support. In our small, economically depressed rural town families face many coping tests. This is often increased if no extended family or other support systems exist.

Recently they fell on hard financial times when their car (needed for work) broke down and the weather made day labor more difficult to find. They are expecting their second child and needed transportation to prenatal visits. (There are no taxis or organized transportation services outside of limited bus service in our county.) We were able to assist with transporting the family to doctor appointments. On one of these occasions mom mentioned their increased financial and household challenges that were increasing due to medical issues. They needed more help but did not know who or how to ask.

Together we helped the family develop a plan to handle the new adjustments and asked community members to provide laundry support, transportation and some meals. Our staff also provided home visits to help reduce stress. They have recently bounced back from what seemed an overwhelming and insurmountable set of challenges.

They said without us and without any local family, they would probably not be able to cope through such challenges. They told us that we have helped them to help themselves, "You provided assistance when we needed it, you listened when we needed that and you are so creative in helping us find solutions when we feel hopeless."